

Sleeping Pills

Kathy Lee Psychology A block

Do they really work?

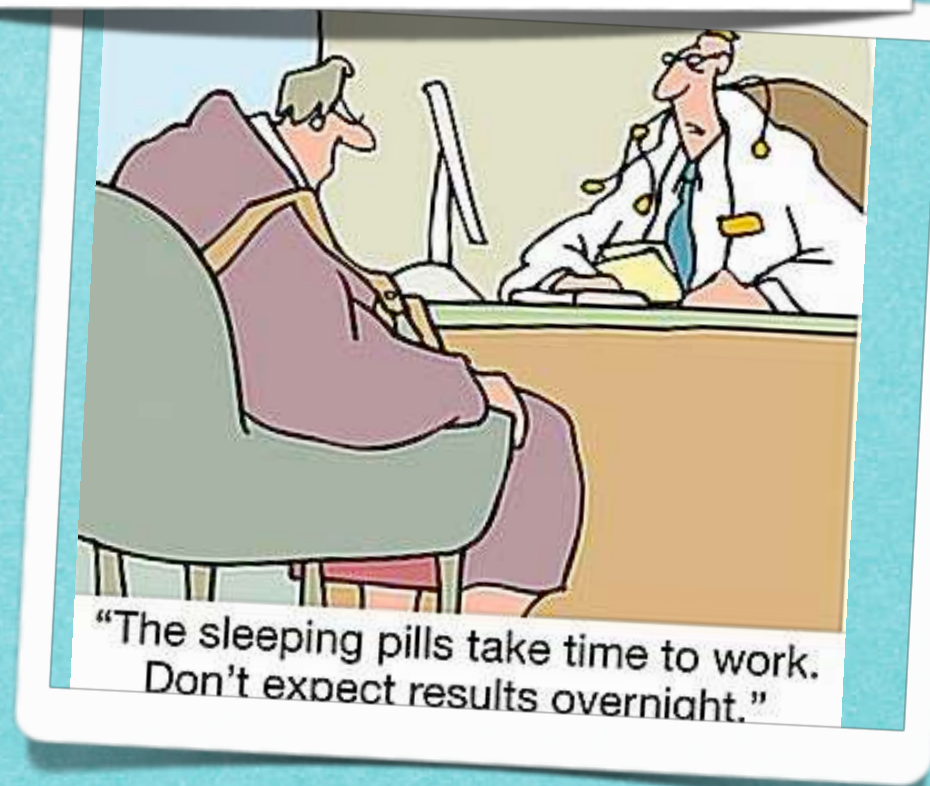
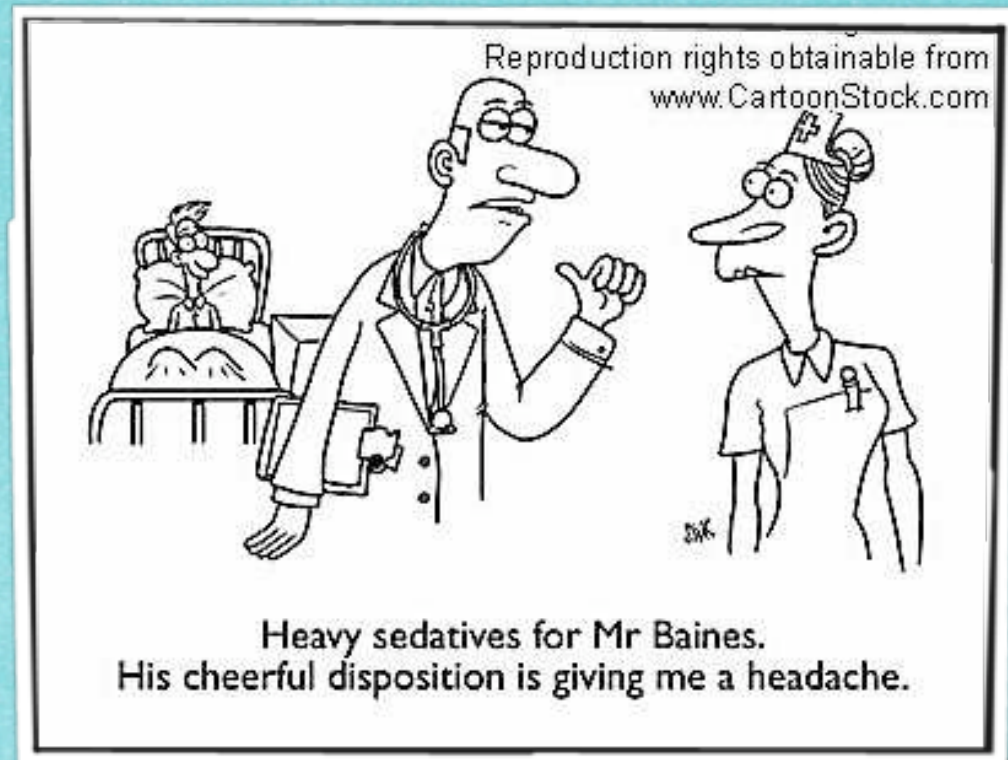
What are sleeping pills?

- ▶ Sleeping Pills are also called “**Sedatives**”(also sedative-hypnotics).
- ▶ It depresses the central nervous system and makes us **calm, relaxed, and sleepy**.
- ▶ Overuse may lead to **unconsciousness** or even **death**.

Therapeutic Use

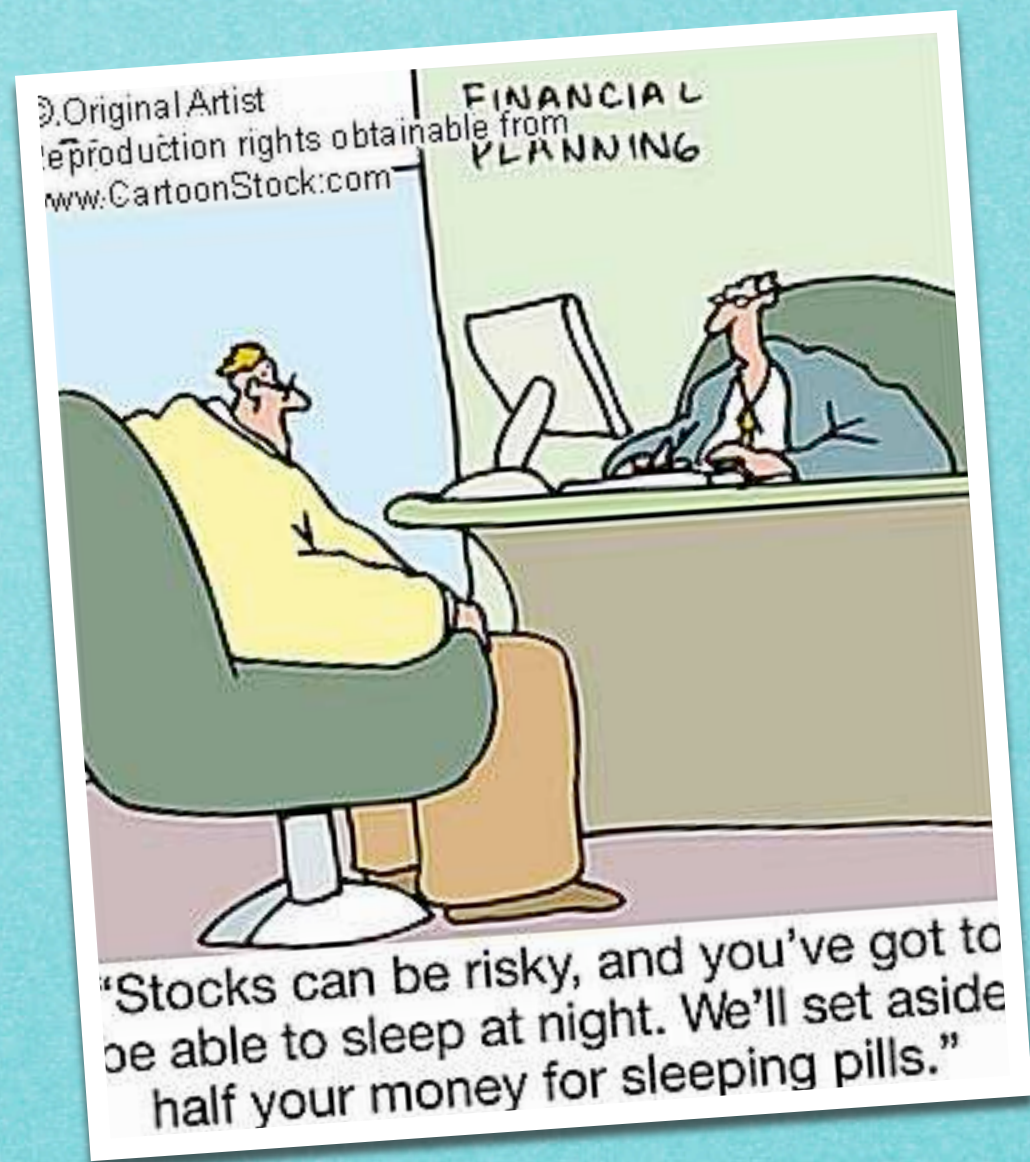
Doctors may usually use these drugs before a patient's surgery to relieve pain.

They increase manageability and compliance of children, troublesome, or demanding patients.



Misuse

- ▶ People with extreme stress or sleeplessness may **overuse**(thus, misuse) sedatives.
- ▶ Cause: Most take sedatives to relax and forget their worries.

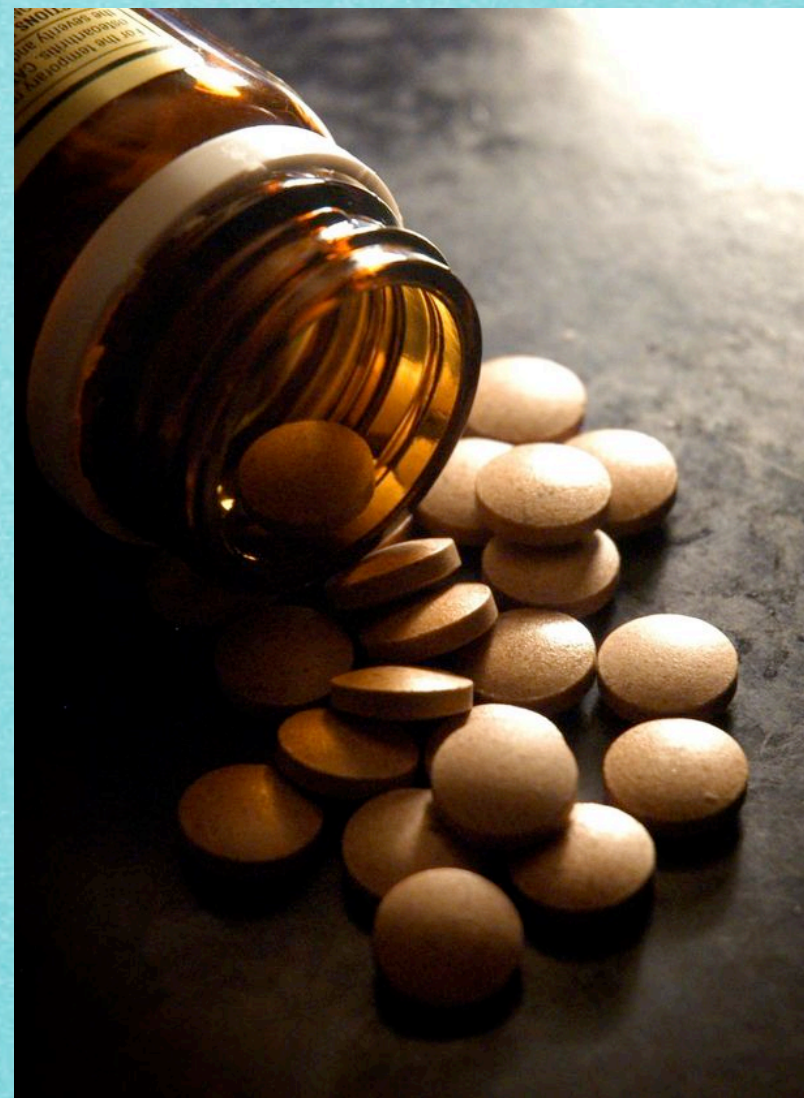


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- ▶ Example of consequence: Barbiturate(sleep-inducing drug) overdose is a nearly a cause of one-third of all reported drug-related deaths.
- ▶ **Paradoxical complications** may occur with the use of sedatives: some individuals result in results that are unexpected and the opposite to the effects expected.
- ▶ Consequences: depression, phobias, aggressiveness, violent behavior and symptoms.

Combination with Drugs

- ▶ Many sedatives are being mixed with **drugs** carelessly.
- ▶ Alcohol itself is a strong **depressant**, and slows down the **brain's movements**.
- ▶ The two combined can be thus proved **fatal**.



Side effects

- ▶ There can be severe side effects to sleeping pills, such as **drowsiness** the next day, **confusion**, **forgetfulness**, and **dry mouth**.



Citations

- ▶ *HelpGuide.Org*(retrieved 2008,October 6) from http://helpguide.org/life/sleep_aids_medication_insomnia_treatment.htm.
- ▶ *Wikipedia*(retrieved 2008, October 7) from <http://en.wikipedia.org/wiki/Sedative>.
- ▶ **Images**
 - (1) http://www.sleepzine.com/tag/new_sleeping_pills/
 - (2) http://www.cartoonstock.com/directory/s/sleeping_pill_gifts.asp
 - (3) <http://www.abc.net.au/news/stories/2007/10/30/2074586.htm>
 - (4) http://www.cartoonstock.com/directory/s/sleeping_pills.asp